



As we age, falls and fractures become a major cause of hospitalisation. In fact, one-third of people over 65 years old, and half of people over 80 years old experience a major fall each year. These falls can be devastating and result in a loss of independence, confidence, and mobility-related disability. In this edition of our Health & Wellness Newsletter, we take a look at some simple steps we can take to manage and prevent falls.

HEALTHY AGEING



### What makes a safe shoe for falls prevention?

Wearing shoes that fit properly and seeking regular foot care can reduce the chance of a fall. Shoes with tall heels, without a fastener to keep the foot in place, or with soles that are smooth and slippery can cause you to lose your balance or trip and fall. Your choice of footwear can also have a major impact on posture, balance, and gait.

Older adults are also more likely to experience foot-related issues, such as pain, limited movement, and toe weakness or deformity, all of which are risk factors for falls, so seeing a Podiatrist regularly can ensure feet are kept in their best condition.

[Learn more](#)

EVENTS



### Port River Dolphin & Shipwreck Cruise 14 April 2023

Have your clients heard of our **Out & About events**? These are open to all people in the over 50s community, to provide a new experience with social benefits.

Enjoy a 90-minute cruise on a private boat charter to see the iconic Ships Graveyard, the unique Adelaide Dolphin Sanctuary, the wonderful International Bird Sanctuary and more. We'll have morning tea beforehand at Queenies Store and later lunch and dessert at the Birkenhead Hotel.

\$157 Includes transport, cruise ticket, lunch and dessert (morning tea not included)

*\* Minimum walking required  
\* Walkers are welcome on the boat, but it is not wheelchair accessible*

To book now, please call **8179 6825**

[Learn more](#)

NEWS



### Preventing falls in older adults: The role of nutrition

Research has shown that proper nutrition can reduce the risk of falls, including the severity of falls and the time it takes to recover from falls-related injuries. A balanced diet contains a range of vital micronutrients which are essential to a person's physical, visual and cognitive wellbeing. When these micronutrients are lacking, falls risk is increased among older adults. Therefore, it is important to ensure that individuals have access to a balanced diet.

[Read more >](#)



#### Exercise4Life workshop: Changing allied health's approach to falls prevention

The link between physical activity and decreased falls in older adults is well-established - and there are workshops available for allied health professionals to learn best practice exercise prescription for falls prevention.

Dr Jennie Hewitt collaborated with Southern Cross Care's very own Dr Tim Henwood, to design a clinical training program: Exercise4Life - Sunbeam and Beyond.

The four-hour interactive workshop has rolled out in over 100 residential aged care facilities so far, and is changing the allied health space - leading to a 55% falls prevention rate according to [study](#) results!

[Book now >](#)



#### Reducing fall anxiety: Tips for staying in control when it matters most

Falling or having a near-miss can cause fears of a recurrence. Some older adults can increasingly become fearful of falling over time even if they never have an incident.

A serious fall can lead to a decrease in functional independence and quality of life, and can have a major impact on a person's confidence. This reduced confidence can lead to sedentary behaviours, which is itself a risk factor for falls.

Knowing what to do when a fall occurs and how to get back up safely can help to ease fears drastically. This knowledge can allow an individual to handle situations with confidence.

[Read more >](#)

**Services tailored to those aged 50+**

At Southern Cross Care, our clients are our number one priority. Whether they use our Health & Wellness Allied Health services, visit our Respite centres, undergo a Restorative Care Program or go on one of our exciting Out & About trips; our person-centred approach ensures every client is supported in their journey to be Better for life.



EXPLORE OUR SERVICES

- Health & Wellness
- Home Care
- Retirement Living
- Residential Care

**Better for life**



[www.southerncrosscare.com.au](http://www.southerncrosscare.com.au)

Info correct at time of distribution. Some images may be indicative.  
Copyright © 2023 Southern Cross Care (SA, NT & VIC) Inc, ARBN 129 895 905, liability limited. All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)